

THE SENTINEL



OFFICIAL SAFETY NEWSLETTER OF CIVIL AIR PATROL

NM Wing Aircraft Accident

On 9 Jun 04, at approximately 2205 MDT, a CAP C-172P, N9474L, landed short of runway 22 at Las Cruces International (LRU). The 74 year-old pilot and 64 year-old observer had completed a CD mission and were returning to Albuquerque (ABQ) when the low voltage light illuminated and they diverted to Las Cruces. According to initial reports, the aircraft was on final approach when another aircraft taxied onto the runway, causing them to go-around. While maneuvering for another approach, the aircraft struck the ground and flipped over. The crew was transported to a hospital in El Paso, as the pilot was thought to have a cracked pelvis (later found not to be fractured). The observer was not injured. The aircraft, however, was substantially damaged. The crew was extremely fortunate to walk away from this one! The NTSB, FAA and the NM Wing are currently investigating this accident.



Eye Injury Prevention Month

On average, nearly 1 million accidental eye injuries occur each year. For this reason, July has been officially recognized as a time to focus attention on protecting our eyes in all environments. Eye injuries of all types occur at a rate of more than 2,000 per day. In particular, an estimated 1,000 eye injuries occur in American workplaces alone. The Bureau of Labor Statistics (BLS) found that almost 70% of the eye injuries studied occur from falling or flying objects. The best ways to prevent injury to the eye is to always wear the appropriate eye protection. Surprisingly, the BLS reports that approximately three out of every five workers injured were either not wearing eye protection at the time of the accident or wearing the wrong kind of eye protection for the job. To be effective, eyewear must fit properly and be designed to effectively protect workers while they work. It is estimated that over 90% of eye injuries are preventable with the use of proper safety eyewear.

So, where should we focus our eye injury prevention efforts? Most of CAP's eye injuries have occurred in the cadet ranks. Probably the most common eye injury is caused by cleaning agents, such as ammonia, when cadets are cleaning bathroom facilities during encampments. Sports and horseplay also have great potential to cause eye injuries. Additionally, all of our members should take precautions:

- in heavy brush during a ground search
- mowing or using a "weed-eater"
- working with lead-acid batteries
- when exposed to wind or prop-driven debris
- celebrating with fireworks

Despite your proactive prevention efforts, an eye injury occurs. Do you know what to do?

Do You Have Your "Sights On Safety"?

Send your entries now! For more info, go to:
<http://level2.cap.gov/index.cfm?nodeID=5330>



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Here are some tips from **Eye Injury MD**, on the web at: <http://www.eyeinjury.com/firstaid.html>.

- ✓ **Specks in the eye** - Don't rub your eye. Lift the upper lid over the lower lid allowing the lower lashes to brush the speck off the inside of the upper lid. Blink a few times and let the eye move the particle out. If the speck remains, keep your eye closed and seek medical help.
- ✓ **Cuts of the eye and lid** - Seek medical help immediately. Do not attempt to wash out the eye or remove an object stuck in the eye. Never apply pressure to the injured eye or eyelid. Be careful not to rub the eye.
- ✓ **Blows to the eye** - Immediately apply an ice compress to the eye to reduce pain and swelling. A black eye or blurred vision can be a sign of damage inside the eye. See your ophthalmologist immediately.
- ✓ **Chemical burns** - Flood the eye with water immediately, using your fingers to keep the eye open as wide as possible. Hold your head under a faucet or shower, or pour water gently into the eye from a container for at least fifteen minutes. Roll the eyeball as much as possible to wash out the eye. Do not use an eye cup, or bandage the eye. Seek medical help immediately.

It is important to remember that first aid is immediate treatment that is given "first," until experienced medical help is available.

Summary - When an accident involves the eye, you should get medical help immediately if there is pain or any question of eye or vision damage. Prompt, proper treatment of eye injuries can save vision.

Prevention is the most effective treatment



This injury was caused when a rock ricocheted off the side of a house while mowing and struck the operator in the eye.

Please protect your eyes!

CAP Safety Metrics

	<u>FY03</u>	<u>FY04</u>
<i>Aircraft Accidents</i>	5	5
<i>Aircraft Incidents</i>	38	22
<i>Fatalities</i>	2	3
<i>Vehicle Mishaps</i>	16	8
<i>Bodily Injuries</i>	13	10
<i>Serious Injuries</i>	2	6

Close Call For CO Wing Cadet

A 16-year old cadet was returning from a RMLR-sponsored SAREX around 1600 MDT, when his family-owned Toyota 4Runner vehicle, according to numerous eye-witnesses, left the roadway onto the right gravel shoulder. The driver apparently over-corrected, went across the road and hit the left guard rail nearly head-on. The impact on the guard rail was sufficient to pop out the front windshield and flip the vehicle over the guard rail. The vehicle flipped four times "end-over-end" in the air, struck tree tops and eventually landed on its wheels. At the hospital, the driver was listed in critical condition. The cadet had attended the SAREX at Alamosa and was returning to his hometown of Evergreen. He was the sole occupant in the vehicle. The accident site is in mountainous terrain along Highway 285 near the Kenosha Pass at approximately 10,000' msl. The good news is that he was wearing his seatbelt. His injuries included a broken arm, a broken jaw and a scalp laceration - which were repaired during 5 hours of surgery. The Colorado Wing and the Colorado State Troopers are conducting the investigations.

A recent report prepared by the Consumer Product



Safety Commission revealed that nearly 10,000 individuals per year are injured seriously enough to warrant a trip to the hospital. Please use your ORM skills during this festive holiday. ***Celebrate freedom and your country's birthday safely!!!***

Other Safety Meeting Topics

- **Eye Safety:** www.preventblindness.org/safety/index.html
- **Maneuvering Flight -- Hazardous to Your Health?:** www.aopa.org/asf/publications/sa20.pdf
- **Grill Safety Tips:** www.cpsc.gov/cpsc/pub/prerel/prhtml97/97128.html
- **Military Aviation Fatigue Countermeasures Course** www.brooks.af.mil/AFRL/hep/hePF